

5-K TRAINING PLAN

TheSeasonedMom.com

WEEK	MON	TUES	WED	THU	FRI	SAT	SUN
1	1.5 m run	HIIT/ Strength	1.5 m run	HIIT/ Strength	Rest	1.5 m run	30-60 min walk
2	1.75 m run	HIIT/ Strength	1.5 m run	HIIT/ Strength	Rest	1.75 m run	35-60 min walk
3	2 m run	HIIT/ Strength	1.5 m run	HIIT/ Strength	Rest	2 m run	40-60 min walk
4	2.25 m run	HIIT/ Strength	1.5 m run	HIIT/ Strength	Rest	2.25 m run	45-60 min walk
5	2.5 m run	HIIT/ Strength	2 m run	HIIT/ Strength	Rest	2.5 m run	50-60 min walk
6	2.75 m run	HIIT/ Strength	2 m run	HIIT/ Strength	Rest	2.75 m run	55-60 min walk
7	3 m run	HIIT/ Strength	2 m run	HIIT/ Strength	Rest	3 m run	60 min walk
8	3 m run	HIIT/ Strength	2 m run	HIIT/ Strength	Rest	5K RACE	